



EATING FISH:

A GUIDE FOR HISPANIC AMERICAN FAMILIES



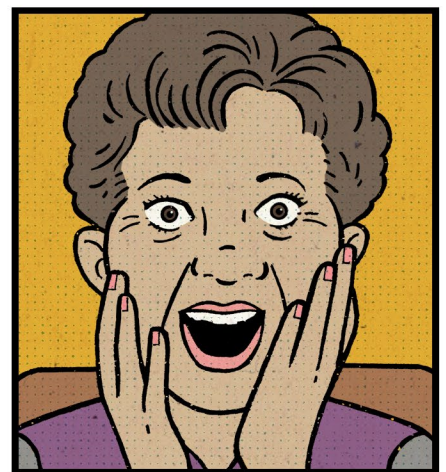
Read Camila's story to find out how important fish are as part of a healthy diet and for your child's growth and development and how you can eat fish while pregnant.



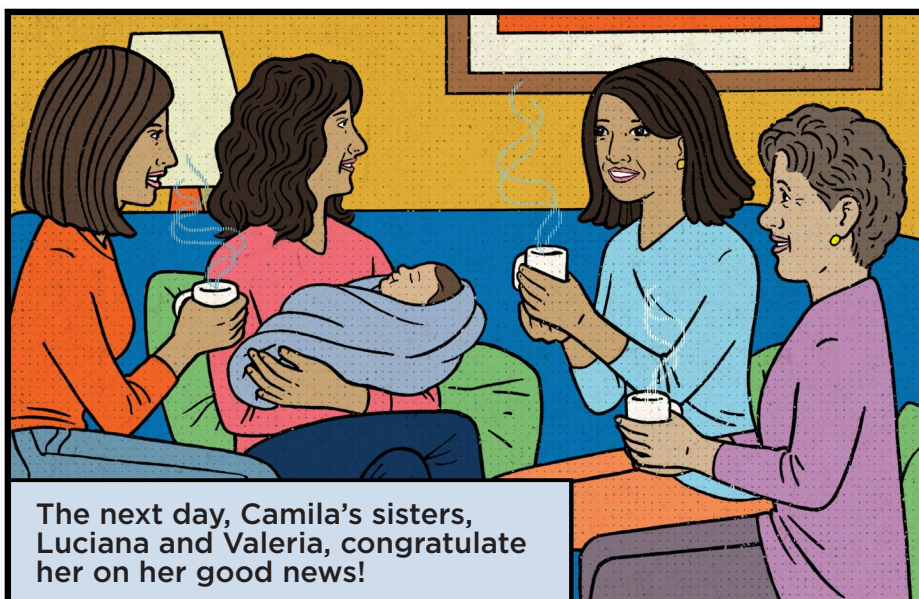
It's dinnertime at the Garcia home. Camila and Jose have a surprise for Carmen and Julio!



Guess what, everybody?
We have some happy news to share. We are going to have another baby!



Another grandchild! What a blessing.
I'll make my famous *tilapia al horno*
right away!



Camila and Jose are at their doctor's office for a prenatal checkup.

Congratulations on your good news! But, why do you look so sad?

I'm not sad, I'm just nauseous from morning sickness and haven't had much of an appetite. I know that my mother's *tilapia al horno* will help keep me and the baby healthy, but I haven't been in the mood for it lately. I don't know what to do!

Don't worry! There are lots of different ways to eat healthy types of fish lower in mercury. FDA and EPA have developed a chart that makes it easy to choose what fish to eat. Their advice supports recommendations of the 2015–2020 Dietary Guidelines for Americans.

See full advice on page 5.

Eat 2 to 3 servings of fish per week from the Best Choices list, or, when you don't eat any of those, have 1 serving of fish per week from the Good Choices list. 90% of fish eaten in the United States are included in the Best Choices list, so there are lots of options!

And just be sure to avoid ones that are listed under Choices to Avoid, as they may contain high levels of mercury, which can be harmful to an unborn baby and young children.

That is easy! But, what does "serving" mean?

A serving is how much is typically eaten at one time. For an adult, 1 serving is 4 ounces—about the size of the palm of your hand. Fish are full of nutrients, such as protein, omega-3 fats, vitamins, and minerals. And guess what? Eating fish is good for Julio, too!

What will I tell my mother?

Show her this chart! While it is important to limit mercury in your diet, many types of fish are both nutritious and lower in mercury. She can cook so many different types of fish for you. You can tell her that eating a variety of fish is an important part of a nutritious diet—as long as it's cooked!

What do you mean?

Raw fish is not recommended for pregnant women or young children.

Luciana and Valeria are on their way to Camila's home for dinner...

I can't wait to eat Mom's *tilapia al horno* again!

...but they are in for a big surprise!

What is that?

Pescado con verduras!

This smells so good! But why didn't you make your delicious *tilapia al horno*?

We wanted to try something new!

There are lots of healthy ways to cook fish, like grilling or baking it like this.

Knowing these things can help you feed your family a nutritious diet.

See full advice on page 5.

This chart explains it all and makes it so easy to choose what fish to eat! Here, I'll show you how it works.

For children, a serving is 1 ounce at age 2 and increases with age to 4 ounces by age 11. You can see that *tilapia al horno* is on the Best Choices list, but eating a variety of fish is also important, so we are trying something new. You can take this chart with you when grocery shopping—it's so simple to use!

It's delicious!

Can we taste it?

Trying new things as a family will be so much fun!

For more information about FDA and EPA's fish advice for pregnant women and parents, visit www.fda.gov/fishadvice.

ADVICE ABOUT EATING FISH

For Women Who Are or Might Become Pregnant, Breastfeeding Mothers, and Young Children

Eating fish‡ when pregnant or breastfeeding can provide [health benefits](#).

Fish and other protein-rich foods have nutrients that can help your child's growth and development.

As part of a healthy eating pattern, eating fish may also offer heart health benefits and lower the risk of obesity.



Nutritional Value of Fish

The [2015-2020 Dietary Guidelines for Americans](#) recommends:

- At least 8 ounces of seafood (less for young children) per week based on a 2,000 calorie diet
- Women who are pregnant or breastfeeding to consume between 8 and 12 ounces of a variety of seafood per week, from choices that are lower in mercury.

Fish are part of a [healthy eating pattern](#) and provide:

- Protein
- Healthy omega-3 fats (called DHA and EPA)
- More vitamin B₁₂ and vitamin D than any other type of food
- Iron which is important for infants, young children, and women who are pregnant or who could become pregnant
- Other minerals like selenium, zinc, and iodine.

Choose a variety of fish that are lower in mercury.

([See chart on next page.](#))

While it is important to limit mercury in the diets of women who are pregnant and breastfeeding and young children, many types of fish are both nutritious and lower in mercury.

This advice supports the recommendations of the *2015-2020 Dietary Guidelines for Americans*, developed for people 2 years and older, which reflects current science on nutrition to improve public health. The *Dietary Guidelines for Americans* focuses on dietary patterns and the effects of food and nutrient characteristics on health. For advice about feeding children under 2 years of age, you can consult the [American Academy of Pediatrics](#) [↗](#).

‡ THIS ADVICE REFERS TO FISH AND SHELLFISH COLLECTIVELY AS "FISH" / ADVICE REVISED JULY 2019

This chart can help you choose which fish to eat, and how often to eat them, based on their mercury levels.

What is a serving?

As a guide, use the palm of your hand.



For an adult
1 serving =
4 ounces

Eat 2 to 3 servings a week from the “Best Choices” list (**OR** 1 serving from the “Good Choices” list).



For children,
a serving is
1 ounce at age 2
and increases
with age to 4
ounces by age 11.

If you eat fish caught by family or friends, check for [fish advisories](#). If there is no advisory, eat only one serving and no other fish that week.*

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Best Choices EAT 2-3 SERVINGS A WEEK

Anchovy	Herring	Scallop
Atlantic croaker	Lobster,	Shad
Atlantic mackerel	American and spiny	Shrimp
Black sea bass	Mullet	Skate
Butterfish	Oyster	Smelt
Catfish	Pacific chub mackerel	Sole
Clam	Perch,	Squid
Cod	freshwater and ocean	Tilapia
Crab	Pickrel	Trout, freshwater
Crawfish	Plaice	Tuna, canned light
Flounder	Pollock	(includes skipjack)
Haddock	Salmon	Whitefish
Hake	Sardine	Whiting

OR

Good Choices EAT 1 SERVING A WEEK

Bluefish	Monkfish	Tuna, albacore/white
Buffalofish	Rockfish	tuna, canned and
Carp	Sablefish	fresh/frozen
Chilean sea bass/	Sheepshead	Tuna, yellowfin
Patagonian toothfish	Snapper	Weakfish/seatrout
Grouper	Spanish mackerel	White croaker/
Halibut	Striped bass (ocean)	Pacific croaker
Mahi mahi/	Tilefish (Atlantic	
dolphinfish	Ocean)	

Choices to Avoid HIGHEST MERCURY LEVELS

King mackerel	Swordfish
Marlin	Tilefish (Gulf of Mexico)
Orange roughy	Tuna, bigeye
Shark	

*Some fish caught by family and friends, such as larger carp, catfish, trout and perch, are more likely to have fish advisories due to mercury or other contaminants. State advisories will tell you how often you can safely eat those fish.

www.FDA.gov/fishadvice
www.EPA.gov/fishadvice

